

**Press Release**

**For Immediate Release**

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**HEALTH DEPARTMENT URGES ONLY HIGH RISK INDIVIDUALS  
ATTEND FREE FLU VACCINE CLINIC**

The Manchester Health Department, in conjunction with the NH Department of Health and Human Services and area health care providers, will conduct a free flu vaccination clinic for high-risk individuals on Saturday, November 19, 2005, from 8:00 a.m. to 4:00 p.m., at the Parkside Middle School, 75 Parkside Avenue, on the City's West Side. Due to a recent development, the overall flu vaccine supply has been reduced by approximately 30%. "As a result of the loss of almost 30% of the anticipated influenza vaccine supply due to the problems with the Chiron Corporation, the available vaccine must be directed to those individuals at greatest risk of developing serious complications from the flu", said Manchester Public Health Director, Fred Ruscsek. While the supply of vaccine is expected to increase in the coming weeks, this situation has required that we restrict this free clinic to adults, 18 years of age and older who meet one of the criteria listed below. Those high-risk individuals unable to attend Saturday's clinic should contact their health care provider or the Health Department's Hot Line for additional information.

The current recommendations identify the following high priority groups for flu vaccine will be applied for this clinic.

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- Adults aged 65 years and older, particularly with specific chronic medical conditions
- Persons aged 18-64 years with specific chronic medical conditions
- Women who are or will be pregnant during the flu season
- Residents of long-term care facilities
- Health care workers providing direct patient care
- Out-of home caregivers and household contacts of children less than 6 months of age

Persons who do not fit into one of these priority groups should defer vaccination until the further availability of vaccine. For these individuals, influenza is generally not a serious illness. To help avoid illness, individuals should follow the following guidelines:

- Eat nutritious foods, exercise regularly, and get plenty of rest.
- Wash hands frequently after exposure to a cough or sneeze
- Cover your mouth and nose when coughing or sneezing
- Stay home from work or school until 48 hours after symptom resolution
- Avoid touching your eyes, nose or mouth
- Avoid close contact with people who are sick
- Quit smoking.

For updated information, call the Manchester Health Department Flu Hotline at 665-6844.

END